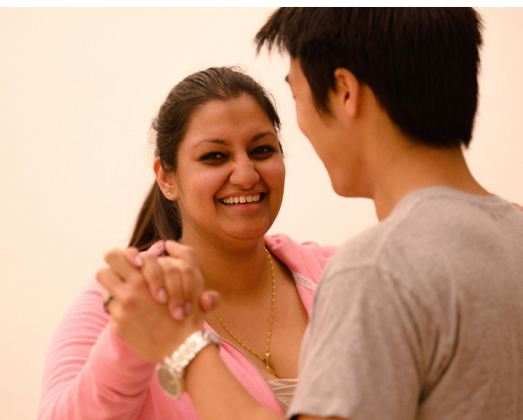




Howard County

RECREATION & PARKS



2017 Winter Adult Classes & Activities

www.howardcountymd.gov/rap



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HoCoParks
APP



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General Information

How to Register

- On-line: www.howardcountymd.gov/rap
Phone: 410-313-7275 (voice/relay)
(8 AM-4:30 PM, M-F)
Fax: 410-313-4660
Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046
Walk-in: Howard County Recreation & Parks
7120 Oakland Mills Road, Columbia
(8 AM-4:30 PM, M-F)
Gary J. Arthur Community Center
2400 Rte. 97, Cooksville
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)
North Laurel Community Center
9411 Whiskey Bottom Road, Laurel
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)
Robinson Nature Center
6692 Cedar Lane, Columbia
(9 AM-5 PM, W-Sa; Noon-5 PM, Su)
Roger Carter Community Center
3000 Milltowne Drive, Ellicott City
(7 AM-10 PM, M-Sa; 7 AM-9 PM, Su)

Refund Policy

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. At a minimum, all refund requests are subject to a 20% administrative fee. Additional fees may be assessed to recover costs associated with the program. Class programs require at least two weeks advance notice of withdrawal to avoid the additional fees. Trip refunds may reflect pre-paid admissions; but the option to transfer your ticket may be considered. Competitive sport program time frame for refunds reflects planning time and team selections; check refund details on website. There are no refunds for missed sessions.

Inclement Weather

Howard County Recreation & Parks strives to operate regardless of weather (canceling is our last resort). Some activities are outdoors, in parks. Please consider the weather before attending a class. To check the status of your program, please call our Program Status Line at 410-313-4451.

Payment Information

Include payment with your registration form – a check or money order payable to the Howard County Director of Finance, or credit card information. (We accept American Express, Discover, MasterCard and VISA.) Please sign the waiver on your receipt and bring it to the first session.

Special Events & Family Activities

Snowflake Ball for

Dads & Daughters

Shake, rock and roll the winter blues away. Dads (or special adult) and daughters, enjoy refreshments, live DJ, dancing, games, crafts, and an ice cream sundae bar. Fee includes a professional photo of each couple to take home. Inclement weather date is January 14. Preregistration required. Registration/Info: 410-313-4840.

4-11 yrs Gary J Arthur Comm Ctr

RP4165.201 Jan 7 5:30-7:30pm Sa

\$40, center members (1 child & 1 adult);

\$16 for additional daughter

\$50, nonmembers (1 child & 1 adult);

\$20 for additional daughter

Martin Luther King, Jr.

Day of Remembrance

From Gospel standards to the popular songs of John Lennon and Bob Marley, music is a dynamic expression of culture. Join us on this special day of remembrance at the Roger Carter Community Center, named in memory of Howard County's own prominent community leader, to learn about sites of significance to black history in Howard County and the legacy of music in the civil rights movement. Please bring a nonperishable food item for donation to a local food bank. Info: Jaimie Wilder, 410-313-0419 or jwilder@howardcountymd.gov.

All ages Roger Carter Comm Ctr

Jan 16 11am-1pm Free

Daddy-Daughter

Sweetheart Dance **flickr**

Escort your princess to a memorable evening of dancing and fun. Enjoy dancing with a live DJ, light refreshments, crafts, souvenir photo, and ice cream sundae bar. Inclement weather date is January 28.

Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

4-6 yrs Roger Carter Comm Ctr

RP1029.101 Jan 21 4-6pm Sa

\$45 for 1 child & 1 adult; \$25 for additional daughter

7-11 yrs Roger Carter Comm Ctr

RP1029.102 Jan 21 7-9pm Sa

\$45 for 1 child & 1 adult; \$25 for additional daughter



The Daddy-Daughter Sweetheart Dance is sure to melt away winter blues!

GJACC Indoor Track 5K

Come in from the cold for a 5K indoors on our 3-lane indoor track. Last runner must start before 10am. Times are posted on the web. Receive a t-shirt upon check-in. Register three or more people in a group for a 30% discount (use promo code "All In.")

Info: Sara Schwab, 410-313-4842.

5 yrs + Gary J Arthur Comm Ctr

RP4132.201 Jan 22 7:30-10:30am Su

\$15, member; \$20, nonmember

Mommy-Son Valentine's Dance

Make your Valentine's day one to remember! Mothers (or special adults) and sons are invited to an evening jam-packed with fun to include refreshments, live DJ, dancing, games, crafts, a souvenir photo and ice cream sundae bar. Fee includes participation of one adult and one child; each additional son is \$20 for center members and \$25 for nonmembers. Inclement weather date is February 18. Preregistration is required. Registration/Info: 410-313-0390.

3-12 yrs N Laurel Comm Ctr

RP4401.201 Feb 4 5:30-7:30pm Sa \$50

Public Star Parties

Come enjoy the night sky through telescopes set up by The Howard Astronomical League (HAL). At this relaxed, casual, family event, view live images on a big screen as seen through the Watson Telescope in HAL's new observatory. Info/weather updates: 410-313-4372 or www.howardastro.org. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

All ages Alpha Ridge Pk

RP0830.201 Mar 4 6-11pm Sa Free

Adults (18 yrs +)

Classes & Activities

Cooking

• Information: Danielle Bassett, 410-313-4634.

NEW! Chinese Cooking with Chef Ravi

Join Chef Ravi in a journey to the country of the Great Wall as we indulge in a meal of jumbo shrimp spring rolls, followed by a mouth-watering hot garlic smothered chicken served with a vegetarian fried rice. Our meal is finished off with a banana spring roll with vanilla ice cream. \$20 materials fee due at class.

18 yrs + Ellicott Mills MS

RP0512.201 Jan 4 6:30-8:30pm W \$29

NEW! Satisfy Your Curry-osity with Chef Mark

Curry is a mysterious thing. Every country has its own twist on their combination of spices. Let Chef Mark guide you through the sub-continent of Asia with Thai green curry shrimp with noodles, Burmese chicken curry and Indian chickpea and spinach curry. A demo of how to properly cook Basmati rice is included on this culinary journey. This demo-style class features lecture, demonstration and generous tastings. \$20 materials fee due at class.

18 yrs + Mt. Hebron HS

RP0501.201 Jan 10 6:30-9pm Tu \$24

NEW! RESTART 5-week Virtual Group Program

The RESTART® 5-week virtual group program is a simple, powerful way for you to reboot your food lifestyle and body! With a 3-week sugar elimination and real-food challenge built into the 5-week program, focus on how to use real food to boost your energy, lose fat weight, cut sugar cravings, improve digestion and more! It's part education, part support group, part real-food challenge! This live, virtual program includes five 90-minute classes, emailed handouts practitioner-led classes and continuous support throughout the program and after the program! Register by January 11.

18 yrs + Virtual Classroom Classes: 5

RP0523.201 Jan 18 7-8:30pm W \$235



Learn some new recipes in one of our exciting cooking classes.

NEW! Foundation Indian Sauces with Chef Ravi

Create your own favorite dishes within minutes by getting to the three basic sauces in Indian cuisine: brown masala (onion sauce), Makhani sauce (tomato butter cream) and Khorma sauce (almond sauce). These base sauces open new doors to easy Indian meals. This is a hands-on cooking class. \$20 materials fee due at class.

18 yrs + Hammond HS

RP0513.201 Feb 1 6:30-8:30pm W \$29

NEW! Shrimp Parmesan Dinner with Chef Mark

Let's prepare this restaurant-quality meal from start to finish: shrimp parmesan, Italian spaghetti salad, Chef Mark's "Funny-Bone" Italian salad dressing, and Italian country style bread. Easy to make and you are sure to get rave reviews! This demo-style class features lecture, demonstration and generous tastings. \$20 materials fee due at class.

18 yrs + Mt. Hebron HS

RP0502.201 Feb 7 6:30-9pm Tu \$24

NEW! Indian Breads with Chef Ravi

No Indian meal is complete without bread! Tonight, Chef Lahori is making Chapati (whole wheat bread), Daikon Paratha (spiced daikon-stuffed whole wheat bread), Garlic Nan (fermented garlic bread) and Methi Paratha (Fenugreek whole wheat layered bread), served with a peanut cucumber raita (yogurt) and onion chutney. This is a hands-on cooking class. \$20 materials fee due at class.

18 yrs + Ellicott Mills MS

RP0514.201 Mar 8 6:30-8:30pm W \$29

NEW! My Maiwand Kebab with Chef Mark

Tasty beef seekh kebab, traditional Afghan salad, Challaw rice and Tandoori style bread are all on the menu tonight. You don't have to go to the Afghan kebab hut now to get restaurant quality food! This demo-style class features lecture, demonstration and generous tastings. \$20 materials fee due at class.

18 yrs + Mt. Hebron HS

RP0503.201 Mar 14 6:30-9pm Tu \$24

NEW! Party Time:

BBQ Sundae with Chef Mark

Have you ever had a BBQ sundae? Let Chef Mark show you how it's done! First we make the pulled pork BBQ. Then we whip up his best homemade corn bread, cole slaw, and homemade BBQ sauce. It's always a winner and you'll take all of the praise! This demo-style class features lecture, demonstration and generous tastings.

\$20 materials fee due at class.

18 yrs + Mt. Hebron HS

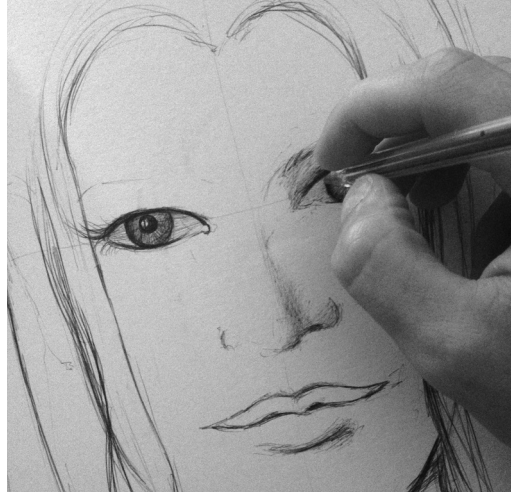
RP0504.201 Apr 4 6:30-9pm Tu \$24

NEW! Indian Vegetarian with Chef Ravi

Join in on a journey of an excellent Indian meal with the all-time favorite vegetable samosas served with mint and tamarind chutneys followed by a classic preparation of Vegetable Makhani (mixed veggies in a butter cream sauce) served with Cumin Pulao. Top off the meal with a vermicelli and saffron pudding with vanilla ice cream. \$20 materials fee due at class.

18 yrs + Hammond HS

RP0515.201 Apr 5 6:30-8:30pm W \$29



Come focus on a variety of drawing approaches in our drawing classes.

Crafts & Fine Arts

• Information: Danielle Bassett, 410-313-4634.

Drawing & Painting

Basic Zentangle

with Mary Anne Mulcahy

The Zentangle Method is a trending, easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured, repetitive patterns. Focus is on the process, not the outcome. The practice of Zentangle is an art form, a life skill and an approach to mindfulness and relaxed meditation. No prior knowledge or artistic skill is required. \$15 materials fee due at first class.

Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Roger Carter Comm Ctr

RP0221.201 Feb 17 9:30-11:30am F \$30

Beyond Basic Zentangle

with Mary Anne Mulcahy

The Zentangle Method is a trending, easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured, repetitive patterns. Focus is on the process, not the outcome. The practice of Zentangle is an art form, a life skill and an approach to mindfulness and relaxed meditation. Prerequisite is the *Basic Zentangle* class. Optional materials are provided. \$15 materials fee due at first class.

18 yrs + Roger Carter Comm Ctr

RP0222.201 Mar 7 6-8pm Tu \$30

NEW! Drawing for Beginners, Intermediate, Advanced

We focus on a variety of drawing approaches, from the realistic to the abstract. Special attention is given to the area of portraiture. Beginners learn the basics of drawing, including exercises that appeal to both its technical and creative components. Intermediate and advanced participants receive individualized instruction as they work to improve and refine their skills. Materials list: www.howardcountymd.gov/craftsandfinearts.

18 yrs + Roger Carter Comm Ctr Classes: 3

RP0206.201 Jan 23 9:30am-noon M \$65

NEW! iPad Masterpieces with Ann Wiker

Have you ever thought of your iPad as an artist's tool? We explore free apps to create artwork and we view the work of famous artists to duplicate their styles in digital art. We "update" pop art (Andy Warhol and Roy Lichtenstein), impressionism (Claude Monet and Vincent van Gogh), surrealism (Salvador Dali), anamorphic art (Hans Holbein) and abstraction (Vassily Kandinsky). Come to class with a fully charged iPad that has the following apps downloaded on it: Photo Booth, Abstract You, Doodle Buddy, Brushes, Youdoodle, Adobe Draw, Adobe Shape, and Draw.

18 yrs + Roger Carter Comm Ctr

RP0208.201 Feb 13 9:30-11:30am M \$25

18 yrs + N Laurel Comm Ctr

RP0208.202 Mar 24 9:30-11:30am F \$25

Landscape in Oil & Acrylic with Brenda Kidera

Break down the art of landscape into manageable pieces, discuss how to layer your way from background to foreground, and learn a variety of techniques to paint the landscape effectively. Brief knowledge of painting in the medium or others is helpful. Step-by-step instruction and demonstrations. Reference material fee due at first class. Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Gary J Arthur Comm Ctr Classes: 5

RP0203.201 Mar 3 9:30am-12:30pm F \$135



Gain individualized attention during our fun group painting classes.

NEW! Light Effects II: Painting a Night Scene in Watercolor with Brenda Kidera

In this second class on Light Effects, we explore how to paint a night scene. Step-by-step instruction and demonstrations teach you how to work your way through the composition for success. Learn a variety of techniques to paint the light and dark effectively. Some basic knowledge of watercolor painting is required. \$8 materials fee due at first class.

Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Gary J Arthur Comm Ctr Classes: 5

RP0204.201 Mar 7 9:30am-12:30pm Tu \$135

NEW! Painting Dynamic Flowers in Oil and Acrylic with Brenda Kidera

Brighten your winter by painting a beautiful floral. We cover painting techniques, color mixing, composition and more using step-by-step instruction and demonstrations. Brief knowledge of painting in your medium is helpful. \$8 reference materials fee due at first class. Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Gary J Arthur Comm Ctr Classes: 4

RP0201.201 Feb 3 9:30am-12:30pm F \$114

Oil Painting with Ann Wiker

All levels welcome! Beginners learn the basics of oil painting: prepping the canvas, mixing colors, brush techniques, composition and light and shadow. Intermediate painters review color mixing and composition and choosing subject matter. Advanced painters

receive individualized instruction based on their ability level. Don't be intimidated-this is fun! (No class 2/17.)

Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + N Laurel Comm Ctr Classes: 6

RP0207.201 Jan 27 9:30-11:30am F \$125

Ready, Set, Paint! Watercolor with Brenda Kidera

Gain confidence, learn technique and strengthen skills quickly! Work on a new small painting every week. Bring your own art supplies. Elementary knowledge of watercolor is necessary. Step-by-step instruction and demonstrations. \$12 material fee due at first class.

Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Gary J Arthur Comm Ctr Classes: 5

RP0202.201 Jan 31 9:30am-12:30pm Tu \$135

Knitting & Crocheting

Crochet 1 with Anna Tai

Learn stitches, crochet in the square and the round, pattern reading for beginners and beyond. Learn the many aspects of wearable crochet — drape, yarn selection, shaping. Project choices are a scarf, hat, wrap, bag or tank top. Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Oakland Mills HS Classes: 3

RP0802.201 Feb 23 7-9pm Th \$47

Knit 1 with Anna Tai

Experience the joy of knitting. Learn to cast on, the knit and purl stitches, cast off, adjust tension, and correct mistakes. Combine garter and stockinet stitch patterns and make your first scarf. Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Oakland Mills HS Classes: 3

RP0801.201 Feb 22 7-9pm W \$47

Photography

Basic Digital Photography with John Guion

This "one-size-fits-all" class covers the basics, whether you have a compact digital camera, an interchangeable lens compact camera or a single lens reflex camera. Learn the features common to all three of those basic camera designs such as image size settings, image quality controls and how to change them, and using the camera's creative modes and not just relying on the



Learn how to take off the automatic setting on your camera. John Guion (above) will patiently answer all your questions.

automatic setting. We also discuss downloading photos to a computer and accessories you may want to consider such as a tripod or monopod. Bring your camera and manual to class.

18 yrs + Roger Carter Comm Ctr Classes: 6

RP0209.201 Jan 19 7-9pm Th \$100

NEW! Ellicott City Photo Tour

Whatever the weather, we explore the power of shapes, black and white, and color balance in our landscapes as we walk and shoot through our winter choice of parks or neighborhoods. We apply exposure compensation to adjust for backlighting and take advantage of silhouettes. We explore close-ups and panoramas. Then we review our shots to discover more opportunities. Bring your digital camera and your enthusiasm.

18 yrs + Roger Carter Comm Ctr Classes: 3

RP0213.201 Mar 25 9:30-11:30am Sa \$56

NEW! Illustrate Your Stories

Pick some photos, old or new, that remind or inspire you. They help us capture or celebrate your memories or hopes. We explore Story Corps' question-answer and voice recording tools to create a photo story that speaks out loud in your own voice. Bring your smart phone, tablet, or laptop. We get familiar with the process, and draft your story for yourself or to share.

18 yrs + Gary J Arthur Comm Ctr Classes: 4

RP0212.201 Feb 16 7-9pm Th \$72

18 yrs + N Laurel Comm Ctr Classes: 4

RP0212.202 Mar 7 7-9pm Tu \$72



Gain confidence on the dance floor at one of our ballroom dancing classes.

Dance

• Information: Karen Bradley Ehler,
410-313-4635.

Ballroom

Ballroom Sampler: Foxtrot and Swing with Jim & Lucy

This second "Dance Survival" class introduces you to two Swing styles, as well as a sampling of classic Foxtrot steps. Learn to move in sync with Big Band songs, as well as Oldies, Motown, and Rock-n-Roll. While you learn steps, strengthen leading and following techniques necessary for the all-important dance partner connection. After completing the class, we hope you feel confident saying "yes" to invitations to dance at weddings, office parties, and other social events. Singles as well as couples welcome; do not wear sneakers.

18 yrs + Roger Carter Comm Ctr Classes: 8
RP1104.201 Jan 18 8:20-9:20pm W \$75

Ballroom Sampler: Salsa & West Coast Swing with Jim & Lucy

This popular class introduces a sampling of the unique character and joys of bluesy West Coast Swing and lively Latin Salsa. The first four weeks focus on WC Swing and the last four weeks on popular Salsa. Master the foundational steps of each of these dances, understand lead and follow, and become ready to take your dancing onto any dance floor. Each class reviews the basic techniques and foot patterns learned the week before, and then teaches one or two new steps. Couples only; do not wear sneakers.

18 yrs + Atholton ES Classes: 8
RP1107.201 Jan 20 8:30-9:30pm F \$149 per couple

Intro to Social Ballroom Dance with Jim & Lucy

This "Social Dance Survival" class equips you with dance routines adaptable to a variety of dance musical styles commonly played at weddings and parties, including smooth jazz, foxtrot, slower big band, romantic songs, and traditional waltz. In the last two weeks, enjoy a two-week sampling of Swing dance steps. We look forward to planting in you the desire and the confidence to get out of your seats and head to the dance floor at parties, weddings, or anywhere you hear dance music playing! Singles as well as couples welcome; do not wear sneakers.

18 yrs + Roger Carter Comm Ctr Classes: 8
RP1106.201 Jan 18 7:05-8:05pm W \$75

Next Step: Waltz and Rumba with Jim & Lucy

This "Next Step" class is designed for those who have taken classes in the last five years in both Waltz and Rumba, and/or are experienced with leading and following the basic steps in both these dances. In the first week, review foundational steps in Waltz, then build your Waltz repertoire in weeks two to four. On the fifth night, review basic Rumba steps, then learn new International Rumba routines during the last three weeks. Classes emphasize learning to execute smooth leads and follows. Couples only; do not wear sneakers.

18 yrs + Atholton ES Classes: 8
RP1105.201 Jan 20 7:15-8:15pm F \$149 per couple

Dance Movement

Adult Beginner Ballet with Cecilia Ituarte

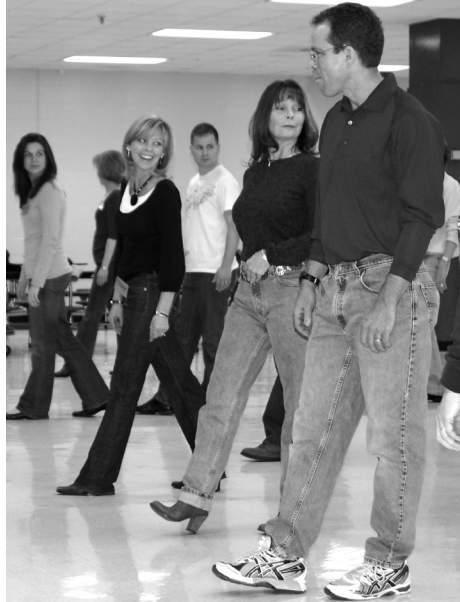
Adults with little or no previous ballet training learn basic ballet exercises with an emphasis on body alignment and musicality while developing a strong core.

18 yrs + Misako Ballet Studio Classes: 8
RP1124.201 Jan 19 7:30-8:30pm Th \$78

Ballet with Nysia Carter

This dance style give you those long, lean, beautifully sculpted lines of a ballerina dancer, plus poise from newly found core strength and flexibility. Wear form fitting clothing so body alignment and technique can be addressed.

18 yrs + N Laurel Comm Ctr Classes: 8
RP1124.202 Jan 23 7-8pm M \$78



Learn the latest dances and the old standbys in
Line Dance with Mo & Bob Dutterer.

Contemporary Modern Dance for Beginners with Jessica McElvaney
Dance and have fun in this class for adults of all levels. Begin with an invigorating warm-up, practice dance steps, and learn different choreography each week. This class combines modern, ballet, and jazz techniques to provide participants with an enjoyable introduction to dancing and a relaxing workout. No experience necessary. Please wear clothes that are comfortable to move and stretch in. No shoes required, but if you prefer, wear ballet or jazz shoes.

18 yrs + Misako Ballet Studio Classes: 8
RP1128.201 Jan 16 7:15-8:15pm M \$78

Hand Dancing and Bop with Shirley Duncan

Experience the traditional and exciting hand dance and bop that make you stand out socially. Spice up your dance ability in this class designed for all levels. Learn the basic six count, weight change, proper coordination of foot patterns, balance and controlled turns. Partner not required.

18 yrs + Oakland Mills MS Classes: 8
RP1125.201 Jan 23 6:30-7:30pm M \$75
18 yrs + Dunloggin MS Classes: 8
RP1125.202 Jan 26 6:30-7:30pm Th \$75

Hip Hop with CJ Cunningham

Get ready to work your body in ways you never imagined! This class uses exciting hip-hop routines to keep you moving and grooving. Learn to isolate your movements and hit it hard in easy to follow dances. Whether you are a beginner dancer or have years of experience, this class works you out and refines your swagger. Wear comfortable clothes and tennis shoes; bring a towel and water bottle.

18 yrs + Kinetics Dance Theatre Classes: 10
RP1112.201 Jan 20 8:30-9:30pm F \$100

Hip Hop with Nysia Carter

Enjoy a fusion of styles including hip-hop, funk, street, and high-energy jazz. Warm up with the latest hip-hop rhythm that transitions into a larger choreographed piece prepared to meet your level and dance experience. This style of dance provides high-energy, low-impact aerobics, and calorie burning effects as you dance to the popular hits of today and yesterday. Beginners are welcome! Wear jazz or gym shoes, no street shoes allowed.

18 yrs + N Laurel Comm Ctr Classes: 8
RP1124.203 Jan 23 6-7pm M \$78

International

Bollywood Dance

with Jaya Mathur **flickr**

Trained in Indian Classical Dance, Jaya Mathur introduces you to this energetic dance style that originated in Indian films. Techniques include hand, feet and body movements and an overall sense of rhythm. Wear comfortable clothing and shoes and bring a bottle of water. Get ready for a great workout while learning an art form!

18 yrs + Harpers Choice MS Classes: 6
RP1108.201 Jan 31 7:30-8:30pm Tu \$65

Line Dance

Line Dance

with Mo & Barb Dutterer

Want to exercise to music, burn calories, and have fun all at the same time? Join our line dance class for all levels. New dances are taught each week and we review weekly every dance taught. Learn the latest dances and the old standbys while dancing to a variety of music: Latin, pop, country, jazz, and rock. By the end of this eight-week session, you have many fabulous, fun dances in your dance bag!

18 yrs + Roger Carter Comm Ctr Classes: 8
RP1118.201 Jan 17 7:15-8:15pm Tu \$75



Come spice up your dance moves! We welcome beginners and advanced dancers at our classes.

Urban Line Dancing with Shirley Duncan

Learn some of the hottest new and old line dances currently being danced in Baltimore's top spots. Dance to the hottest R&B and oldies music around. Experience a fun-filled workout with high- and low-energy steps.

18 yrs + Oakland Mills MS Classes: 8

RP1126.201 Jan 23 7:45-8:45pm M \$75

18 yrs + Dunloggin MS Classes: 8

RP1126.202 Jan 26 7:45-8:45pm Th \$75

Swing

Couples Dance: East Coast Swing with the Dutterers **flickr**

Of the many classes we have taught for more than 20 years, this Swing class is our most popular. Learn the basics of Swing, and put together a routine you are proud to dance at all of your upcoming social events. This is a truly fun class that has you dancing in one week, and adding to your swing moves each week of the class. Have fun, learn how to dance, and expand your dance knowledge. Couples only, no singles.

18 yrs + Roger Carter Comm Ctr Classes: 8

RP1119.201 Jan 17 8:30-9:30pm Tu \$125

Lifelong Learning

• Information: Karen Bradley Ehler,
410-313-4635.

Continuing Education

Financial Fitness for Women with Fran Makino

This is a basic, personal finance class. Learn about cash, stocks, bonds, IRAs, and how 401Ks/403Bs/TSPs work and how best to invest them. Come discuss basic types of insurances and what is needed. Work on investment strategies. Questions are welcomed.

18 yrs + River Hill HS Classes: 3

RP3410.201 Feb 15 7-9pm W \$45

Communication

Mingle, Mingle with International School of Protocol

In two short hours, this program puts you at ease and helps you feel more confident and comfortable at social and work gatherings where you need to meet and have conversations with new people. Learn how to prepare for an event, enter and exit conversations, and learn what you can talk about and what you should not talk about. In this program, you learn to create a first and lasting impression through proper handshaking, eye contact, proper introductions and appropriate nonverbal conversation. This course is important for anyone who attends businesses gatherings, conferences, parties and school or community events.

18 yrs + Centennial HS

RP3412.201 Mar 14 7-9pm Tu \$55

Do It Yourself

Bike Maintenance with Larry Black

Learn everything you need to know about maintaining and repairing your bike. Learn about on-the-road fixes, overhauls, wheel building, and how to negotiate the best price for repairs. Tools and some practice bikes are provided; bring your own bike to get hands-on experience. Optional manual is \$25 at class.

18 yrs + Gary J Arthur Comm Ctr Classes: 4

RP3409.201 Feb 1 7-9pm W \$99

Language

Everyday Spanish I with Cecilia Redmond

This class gives you the basic initiation to the language. Learn grammar foundations and practice in an enjoyable way. Build confidence as you learn vocabulary on familiar topics. Put it all together and you're ready for easy conversation starters. Native speaking instructor shares strategies and cultural insights.

18 yrs + Ellicott Mills MS Classes: 6

RP3404.201 Feb 16 7-8:30pm Th \$65

Hablemos Español with Cecilia Redmond

Enjoy a different topic of conversation for each class. A vocabulary list is provided. Instructor starts with English/Spanish directions; by the third class you are totally immersed. Have fun communicating with classmates only in Spanish. Pronunciation and grammatical errors are addressed by native speaker instructor.

18 yrs + Ellicott Mills MS Classes: 5

RP3403.201 Jan 23 7-8pm M \$55

Writing

Becoming an Author with Amy Brooks

Have you ever felt called to write a book? Now is your chance to go from idea to manuscript in less than 90 days. Author and writing coach, Amy Brooks, guides you through an easy process that will transform your book dreams into a reality. With her expertise as writer and coach, Amy helps you navigate the challenges that stop most first-time authors before they even get started. Don't wait for the "perfect" time; start your book now and step into your new role as an author. It's time to share your story with the world! Required materials: notebook, pen, laptop computer (optional).

18 yrs + N Laurel Comm Ctr Classes: 4

RP3422.201 Feb 7 7-8pm Tu \$125



flickr



HoCoParks
APP



Art of Hand Drumming with Orlando Cotto
will keep you smiling.

Music & Theater Arts

• Information: Karen Bradley Ehler,
410-313-4635.

Art of Hand Drumming with Orlando Cotto

The course is suitable for any drumming beginner or serious enthusiast. Led by professional percussionist Orlando Cotto, you (re)learn the basics of drumming, develop your internal timing, and learn common folk rhythms from Cuba, Puerto Rico and West Africa. We teach techniques and skills such as drum tuning and developing sounds. You're encouraged to bring your own drums, though Congas drums can be rented from the instructor for a one-time fee of \$45.

18 yrs + Wilde Lake HS Classes: 4

RP3435.201 Jan 26 7-8pm Th \$80

Belly Dancing for Beginners by Mary Krause

This is an introduction to Classical Middle Eastern Dance. Students learn fundamental steps and technique including shimmies, hip articulation and isolations. Cultural relevance and elements of folklore and Near Eastern music are also studied.

18 yrs + Misako Beats Classes: 8

RP1130.201 Jan 18 7:30-8:30pm W \$78

RP1130.202 Jan 20 11:30am-12:30pm F \$78



Blend together the Zumba formula and philosophy with traditional aqua fitness in a safe, challenging water-based workout that's cardio conditioning and body-tightening.

Musical Theatre

Learn acting, singing, and dancing skills as you work group songs and scenes in a low-pressure learning environment, all while having a great time with your classmates. A final showcase for family and friends will conclude the session! Taught by accomplished actress, singer, and educator Janine Sunday, this class accommodates a variety of skill sets from beginner to intermediate.

18 yrs + Drama Learning Center Classes: 8

RP3425.201 Feb 11 3:30-5pm Sa \$185

Piano I

Learn to play the piano in this introductory class. Play a variety of musical styles to gain confidence and develop musical skills. Learn and practice on your own keyboard. Must have access to a keyboard to practice on outside of class.

18 yrs + River Hill HS Classes: 8

RP0230.201 Feb 4 11am-noon Sa \$115

Rock Class

Have you ever wanted to play the drums, guitar/bass, keyboard or sing like your rock and roll heroes? We can help you achieve this dream. Come and rock out! Info: 410-988-2062 or www.therockshopmd.com.

18 yrs + The Rock Shop Classes: 5 \$139

RP3430.201	Guitar and Bass	Jan 27	7:30-8:30pm	F
RP3431.201	Drums	Jan 27	8:30-9:30pm	F
RP3432.201	Keyboard	Jan 27	6:30-7:30pm	F
RP3433.201	Vocals	Jan 27	5:30-6:30pm	F

Fitness

• Information: Amy Patton, 410-313-4718
(unless otherwise noted.)

Cardio and Strength

AM Fitness Workout

with Vickie Jacobs, AFAA, AAAL

Warm up with fun and easy moves; then move to the Precor cardio and strength training equipment for 40 minutes. Finish your workout with a great stretch to improve overall flexibility and balance. This is perfect for all fitness levels! Fitness waiver must be completed prior to exercising.

18 yrs + Roger Carter Comm Ctr Classes: 20

RP8669.201 Jan 10 8am-9am Tu,Th \$110

Aqua Zumba

Known as the ZUMBA pool party, this Aqua Zumba class gives new meaning to the idea of an invigorating workout! Splashing, stretching, twisting, laughing, hooting and hollering - experience it all at Aqua Zumba class. Blend together the Zumba formula and philosophy with traditional aqua fitness in a safe, challenging water-based workout that's cardio conditioning, body-tightening, and most of all, exhilarating! FREE class on January 5, register at www.freedomfitness.info/events.



Get your heart rate pumping at a cardio class this winter.

Michelle Taylor 18 yrs +

Roger Carter Comm Ctr Classes: 10

RP8612.201 Jan 10 9:45-10:30am Tu,Th \$99

RP8612.211 Feb 21 9:45-10:30am Tu,Th \$99

Tish Heyssel 18 yrs +

Roger Carter Comm Ctr Classes: 10

RP8612.202 Jan 10 6:30-7:15pm Tu,Th \$99

RP8612.212 Feb 21 6:30-7:15pm Tu,Th \$99

"Build Your Engine" Strength

Training with Christy Edwards, ACE

Build the engine (muscles) that burns the fuel (the food you eat)! In our 30s, our metabolism slows down... but we can speed it up with strength training. Change your body composition, help stabilize your joints, feel stronger and healthier, and look great. Challenge and strengthen every muscle group in your body to achieve balance, energy, confidence, and an increased metabolism. Bring a mat and hand weights. (No class 1/16, 2/20.)

18 yrs + Thunder Hill ES Classes: 14

RP8506.201 Jan 11 7-8pm M,W \$63

Barre Burn with Becca Sigmund

Ballet movements combine with floor work and fitness exercises for a full workout. Sculpt and tone your body while gaining a dancer's sense of alignment and physical control. Finish with a cool down and stretch. Bring 4-to-5-lb. weights. Mats provided, but you're encouraged to bring your own.

18 yrs + Kinetics Dance Theatre Classes: 3

RP8282.201 Jan 18 8-9pm W \$30

Barre None with Jordan Miller, SCW

Enjoy a cutting-edge, safe and progressive method of barre training that lengthens and strengthens your muscles and improves your flexibility and posture. This fun class gives you great results! FREE class on January 10, visit www.freedomfitness.info/events to register.

18 yrs + Gary J Arthur Comm Ctr Classes: 12

RP8130.201 Jan 17 6-6:55pm Tu \$79

Body Conditioning with

Cyndi Kummerlowe, AFAA

Stretch, strengthen and tone your body! This combination class includes 25 minutes of a low-impact cardio workout followed by beneficial strength training. Bring a mat and 2-to-5-lb. hand weights. (No class 2/21.)

18 yrs + Rockburn ES Classes: 19

RP8220.201 Jan 10 7:05-8pm Tu,Th \$57



Want to make yourself get to the gym during those colder months? Take a class to motivate yourself and learn some new exercises.

Cardio Blast Interval with Beth Harbinson, AFAA, NETA

This highly effective class includes a 25-minute cardiovascular workout with intense intervals to boost metabolism and 35 minutes of muscle conditioning, core work and stretching. All levels enjoy an intense, energetic workout! Bring hand weights (5 lbs recommended) and a mat. (No class 1/16, 2/20.)

18 yrs + Veterans ES Classes: 18

RP8422.201 Jan 9 6:45-7:45pm M, W \$64

Cardio Crunch Challenge with Lori Nowicki, ACE

This class has it all! With each new rotation of classes, experience something new to challenge every muscle. Classes rotate between aerobics, step, circuit, boot camp, kickboxing, athletic training, cardio stability ball, Tabata and intervals. Each class consists of 45 minutes of cardio mixed with strength, core, flexibility and balance. Experience a high-energy class at high or low impact, take the challenge and have fun. Bring a mat, hand weights and stability ball. Some classes are outdoors.

18 yrs + Cedar Lane Pk-West Classes: 9

RP8481.201 Jan 9 9:30-10:45am M or W \$45

18 yrs + Cedar Lane Pk-West Classes: 18

RP8481.202 Jan 9 9:30-10:45am M, W \$90

Cardio Dance with Sandra Duerr, AFAA, NASM

A fun choreographed dance class that goes from warm-up steps to heart pounding dances, giving you an aerobic workout that helps to sculpt your body and makes you feel good about yourself. No sit ups or repetitions. We dance the inches away! We sweat, we laugh and we burn lots of calories! (No class 1/27.)

18 yrs + Roger Carter Comm Ctr Classes: 8

RP8225.201 Jan 18 11:30am-12:20pm W or F \$56

18 yrs + Roger Carter Comm Ctr Classes: 16

RP8225.202 Jan 18 11:30am-12:20pm W, F \$112

Cardio Fusion with Marianne Larkin, AAI

Your favorite cardio and toning formats are combined in one challenging, power-packed workout. The easy-to-follow moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Pump up your workouts and burn fat with a mix of everything from step, high/low and interval training to strength, core, balance and flexibility exercises inspired by yoga and Pilates. (No class 1/16, 2/20.)

18 yrs + Gary J Arthur Comm Ctr Classes: 9

RP8482.201 Jan 9 9:35-10:50am M or W \$54

18 yrs + Gary J Arthur Comm Ctr Classes: 18

RP8482.202 Jan 9 9:35-10:50am M, W \$108



Our cardio classes are hard work but a fun time!

Cardio Kickboxing with Robin Robinson

Exercise has never been so much fun! Cardio Kickboxing is a calorie-burning, dance-party exercise routine that combines kickboxing, aerobics and dance with great music. Get in shape and have fun doing it!

18 yrs + N Laurel Comm Ctr Classes: 7

RP8551.201 Jan 26 6:30-7:30pm Th \$56

RP8551.202 Jan 28 8:15-9:15am Sa \$56

18 yrs + N Laurel Comm Ctr Classes: 14

RP8551.211 Jan 26 6:30-7:30pm Th, Sa \$112

Circuit Weight Training with Lisa Noorani, AFAA

This super-fun workout trains your multiple muscle groups using Precor equipment. In just one hour, you get a thorough, total-body workout, including fat-burning cardio intervals. Each class finale includes targeted, no-nonsense exercises on the floor. Totally customizable, this workout is an effective way to keep challenging yourself as you gain strength. Guaranteed to be a super-motivational experience! FREE class on January 9; register at www.freedomfitness.info/events.

18 yrs + Roger Carter Comm Ctr Classes: 21

RP8660.201 Jan 11 9:15-10:15am M,W \$114

Fit Jam: Cardio Party with Liz Rolland

Think all workouts are boring? Think again! Join this cardio party and dance the night away to the hottest hits from around the globe. Learn the basic steps from salsa, Cumbia, hip-hop and many more dance styles. Simple choreography is very easy to learn, no experience necessary! Bring a friend and have a blast while burning tons of calories! Get ready to be gorgeous! Bring a towel and water bottle.

18 yrs + Gary J Arthur Comm Ctr Classes: 10

RP8350.201 Jan 9 5:45-6:45pm M \$100

RP8350.202 Jan 12 5:45-6:45pm Th \$100

Fit Jam: Fire and Spice! With Liz Rolland

Think workouts are boring? Think again! Spice up your workout with this unique blend of Pilates mat work, cardio dance fitness and yoga stretches set to the hottest music from around the globe. Incinerate mega calories while toning and tightening all those problem zones. Learn the basic moves first, and then challenge your workout with light weights, stability balls and bands (provided). Bring a thick yoga mat and a water bottle. This workout is hot stuff!

18 yrs + Gary J Arthur Comm Ctr Classes: 10

RP8351.201 Jan 13 9:30-10:45am F \$120



Try something new and learn new exercises to practice at home.

Fun & Friendly Bootcamp By Liz Rolland

Are you scared to try a bootcamp class? Hate drill sergeants shouting at you? Then this class is for you! Learn all the bootcamp basics from pushups to planks to burpees, all in the comfort of an indoor studio. The 45-minute workout includes a complete and careful warm-up, a variety of aerobics and strength training, specific skill drills, safe stretching, and abdominal exercises to flatten the tummy. Wear comfortable cross-training shoes. Bring a water bottle and a towel. Beginners welcome!

18 yrs + Roger Carter Comm Ctr Classes: 10
RP8384.211 Jan 10 10:30-11:15am Tu \$90

HIIT Workout Party with Royale Fit with Emmanuel Olujimi, AAI, ISMA

Are you ready to maximize your workout time while attaining your fitness goal in a fun atmosphere? This workout is designed to propel you to your fitness goal with a High Intensity Interval full body workout guaranteed to burn fat, increase metabolism and strengthen your muscles. Each session consists of 15 minutes of jump rope cardio blast, body weight exercises, muscle toning, core workouts and stretches in a party atmosphere. Get ready to meet the upgraded

version of you, full of confident, strong and fit. All fitness levels are welcome. Bring along a jump rope, a mat and 5 or 10 lbs. pair of dumbbells. Jump ropes are available for sale. (No class 2/14.)

18 yrs + N Laurel Comm Ctr Classes: 6
RP8550.201 Jan 17 6:30-7:30pm Tu \$57
RP8550.202 Jan 21 11am-noon Sa \$57
18 yrs + N Laurel Comm Ctr Classes: 12
RP8550.203 Jan 17 6:30-7:30pm Tu, Sa \$114

La Canne (French Cane Fighting) with Steve Savoie, Moniteur in Canne De Combat

Get a great workout while learning the unique French sport of Canne De Combat (French stick fighting). Focus on basic strikes, blocks, lunges and evasions while increasing flexibility, coordination and strength. Once you try it, you'll love it! No experience required. Practice canes provided. Shin guards recommended.

14 yrs + Cedar Lane Pk-West Classes: 9
RP8505.201 Jan 12 8:15-9:15pm Th \$52

Parent Bootcamp with Roshawn Osborn, CPT (NCSF)

Got kids? No problem - bring them along, and train as a family! Be prepared to sweat hard! An intense, fast-paced, total body workout, incorporating dynamic movement, cardio, strength training, standing abdominal work and of course, BURPEES! Please bring water, a sweat towel and exercise mat. Children under 2 years, must have a carrier or stroller to rest in; children toddler age may attend class with their parent and participate in child friendly exercises.

18 yrs + N Laurel Comm Ctr Classes: 9
RP8554.211 Jan 17 5-6pm Tu \$72

Piloxing with Jordan Miller, SCW, AFAA

Enjoy a non-stop, cardio fusion of Pilates, boxing, and dance that pushes you past your limits for a sleek and powerful you! This class blends the power, speed and agility of boxing with the flexibility and sculpting of Pilates to give you a muscle-toning, fat-burning, exhilarating workout that makes you feel physically and mentally empowered! FREE class on January 10; register at www.freedomfitness.info/events.

18 yrs + Gary J Arthur Comm Ctr Classes: 12
RP8135.201 Jan 17 7-8pm Tu \$79



Sculpt and tone your muscles and get back in shape.

Step & Sculpt!

With Marianne Larkin, AAAI

Enjoy an invigorating, fun, medium-to-high-intensity class that has it all. Pump up your cardiovascular fitness and challenge your brain with the latest turbo charged step moves combined with strength, core and balance exercises for a total body workout. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Steps are provided. Bring a mat and hand weights. (No class 2/21.)

18 yrs + Mt. View MS Classes: 10

RP8300.211 Jan 10 7-8pm Tu or Th \$60

18 yrs + Mt. View MS Classes: 20

RP8300.212 Jan 10 7-8pm Tu,Th \$120

Step & Sculpt Plus!

With Marianne Larkin, AAAI

Enjoy an invigorating, fun, medium-to-high-intensity class that has it all. Pump up your cardiovascular fitness and challenge your brain with the latest turbo charged step moves combined with strength, core and balance exercises for a total body workout. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Steps are provided.

18 yrs + Gary J Arthur Comm Ctr Classes: 9

RP8300.201 Jan 21 8:30-9:45am Sa \$54

Tabata Boot Camp

with Lori Nowicki, ACE

Get great results in a short time! This boot camp is based on the most effective high-intensity interval training (20 seconds on, 10 seconds rest). This program includes three types of Tabata for maximum results. Burn 5x more calories after exercise. Our motto is more is not better, better is better! Workouts can be modified. (No class 1/27.)

18 yrs + Roger Carter Comm Ctr Classes: 9

RP8485.201 Jan 13 9:15-9:55am F \$45

Trim & Tighten

Enjoy a total body workout that moves to the beat of the music. Burn calories as you flow through a variety of exercises designed to sculpt and tone your body while improving your strength, balance and flexibility. Bring a mat and 2-to-5 lb. weights. (No class 2/15.)

18 yrs + Burleigh Manor MS Classes: 9 Kim Davis

RP8210.201 Jan 11 6:30-7:25pm W \$32

18 yrs + Mt. View MS Classes: 20 Marianne Larkin

RP8210.202 Jan 10 6-6:55pm Tu,Th \$70



Focus on strength and flexibility at a cardio class.

Warriors Challenge with Roshaun Osborn, CPT (NCSF)

Release your inner athlete to complete this intense total body challenge of cardio with weights, including Plyometrics training. Roast calories and increase your speed, all while sculpting and defining your body. We utilize resistance bands, medium and heavy free weights, while moving through 60 minutes of cardio. Bring your A-game, water, an exercise mat, and a sweat towel, and be prepared to earn bragging rights and a stronger body to boot!

18 yrs + N Laurel Comm Ctr Classes: 9

RP8554.201 Jan 23 5-6pm M or W \$72

18 yrs + N Laurel Comm Ctr Classes: 18

RP8554.202 Jan 23 5-6pm M,W \$162

WERQ® Top 40 Fitness Party by Tracy Cox, AFAA

WERQ® is the fiercely fun dance fitness class based on pop, rock and hip-hop music taught by licensed and certified fitness professionals. For information on this fiercely funky program, visit www.werqfitness.com.

FREE class on January 9. Register at:

www.freedomfitness.info/events.

18 yrs + Mt. View MS Classes: 11

RP8430.211 Jan 18 9:15-10:15am W \$99

Zumba

Zumba takes the “work” out of “workout” by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba® Fitness is exercise in disguise. Super effective? Check. Super fun? Check. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

18 yrs + Roger Carter Comm Ctr

Stephanie Scott, Zumba (No class 1/16, 2/20) Classes: 9

Join us for a FREE trial class on Jan 4, 5:30-6:30pm.

Call 410-313-2764 to sign up.

RP8330.201 Jan 9 5:30-6:30pm M \$60

18 yrs + Roger Carter Comm Ctr

Stephanie Scott, Zumba Classes: 11

RP8330.202 Jan 11 5:30-6:30pm W \$72

18 yrs + Roger Carter Comm Ctr

Sandra Duerr, AFAA, NASM (No class 1/16, 2/20) Classes: 7

RP8330.221 Jan 23 12:45-1:30pm M \$49

RP8330.222 Jan 23 8-8:45pm M \$49

18 yrs + Brandi Harrington, Zumba, AFAA



Relieve stress and tension with simple and safe stretches and sequences.

Classes: 10 \$120

RP8360.201 Misako Beats Jan 23 7-8pm M

RP8360.202 N Laurel Comm Ctr Jan 14 9:30-10:30am Sa

18 yrs + Mt. View MS

Tracy Cox, Zumba, AFAA (No class 1/16, 2/20) Classes: 10

Join us for a FREE trial class on Jan 9. Register at www.freedomfitness.info/events.

RP8430.201 Jan 23 9:15-10:15am M \$74

18 yrs + N Laurel Comm Ctr Logan Smith, Zumba, AFAA

(No class 1/16, 2/20) Classes: 21

Join us for a FREE trial class on Jan 9.

Register at www.freedomfitness.info/events.

RP8430.202 Jan 11 6:30-7:20pm M,W \$159

18 yrs + Mt. View MS Cheryl Osborne, Zumba, AFAA

(No class 1/16, 2/20) Classes: 21

Join us for a FREE trial class on Jan 9.

Register at www.freedomfitness.info/events.

RP8430.203 Jan 11 6:30-7:20pm M,W \$159

NEW! STRONG by Zumba

Introducing music-led interval training: STRONG by Zumba. This class combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. FREE class on January 23, register at www.freedomfitness.info/events. (No class 2/20.)

18 yrs + N Laurel Comm Ctr Classes: 8

RP8430.204 Jan 30 7:30-8:20pm M \$80

Health & Relaxation

Gentle Yoga with

Tracy Cox, YogaFit, AFAA

This relaxed, fun, but purposeful version of yoga emphasizes yoga movements and poses to build strength, grace and mindfulness. Bring a yoga mat.

FREE class on January 11, register at

www.freedomfitness.info/events.

18 yrs + Mt. View MS Classes: 11

RP8420.203 Jan 18 10:15-11:15am W \$99

Hatha Yoga for

Flexibility & Relaxation

Create a calm, peaceful awareness of both body and mind through the ancient art of yoga. Classic yoga postures and breathing techniques are practiced in a flowing style that integrates movement and breath. Come prepared to lengthen, strengthen and relax.

Beginning and ongoing students are welcome. Yoga mats/blocks provided.

18 yrs + Kinetics Dance Theatre Classes: 10

RP8240.201 Jan 19 9:45-10:45am Th \$100

RP8240.202 Jan 20 7:15-8:15pm F \$100



Enjoy a low-impact workout to help define a long and lean physique.

NEW! Vinyasa Yoga

Looking for the yoga class to get energized while helping you build strength and flexibility? This upbeat yoga practice will keep you present as you learn to move gracefully in and out of poses. All movements are synchronized with the breath to connect body and soul. Bring your own mat.

18 yrs + Misako Beats Classes: 9

RP8155.231 Jan 21 9:30-10:30am Sa \$112

Introduction to Pilates with Christine Williams

Connect your mind, body and spirit as you practice this systematic exercise program. This series of flowing movements and breathing patterns lengthen and strengthen your muscles with a primary focus on the powerhouse/abdominals. All levels of practitioners are welcome. Please bring a mat.

18 yrs + Misako Ballet Studio Classes: 9

RP8155.201 Jan 21 8:30-9:30am Sa \$112

Pilates Plus with Liz Rolland

This matwork class strengthens and tones all major muscle groups, focusing specifically on abdominals, back, hips, and thighs. Light weights are added in order to intensify your workout once the basic exercises have been learned. Enjoy gentle yoga stretches and a full-body relaxation that leaves you refreshed and ready to face the day! Bring a yoga or Pilates mat and a thick beach towel.

18 yrs + Roger Carter Comm Ctr Classes: 10

RP8384.201 Jan 10 9:15-10:15am Tu \$120

Pilates with Marc Scimonelli, AFAA, NETA, Pilates

This whole-body program emphasizes core strengthening for abdominal and lower back muscles. You work everything from your neck to your knees to your entire core. Tone and lengthen your muscles, increase your strength, improve your posture and flexibility, and have fun doing it! Bring a mat. FREE class on January 10; register at www.freedomfitness.info/events.

18 yrs + Cedar Lane Pk-West Classes: 23

RP8420.201 Jan 12 7:15-8:15pm Tu,Th \$129



Grab a friend and strengthen your cores together.

Level II Pilates with Marc

Scimonelli, AFAA, NETA, Pilates

Pilates, Level II is limited to only 12 people, giving the experienced Pilates enthusiast more individualized instruction. This whole-body program emphasizes core strengthening for abdominal and lower back muscles. You work everything from your neck to your knees to your entire core. Have fun toning and lengthening your muscles, increasing your strength, and improving your posture and flexibility! Bring a mat. FREE class on January 10; register at www.freedomfitness.info/events.

18 yrs + Cedar Lane Pk-West Classes: 23

RP8420.211 Jan 12 6:15-7:15pm Tu,Th \$199

PiYo® with Lisa Noorani, AFAA

Ready to find your flex appeal? Experience an intense but low-impact workout that burns crazy calories for a long, lean, beautiful physique. PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Use your body weight to perform a series of continuous targeted moves to define every single muscle, big and small. You sweat, stretch and strengthen all in one PiYo® workout! No weights, no jumps, no bulk, just hardcore results. FREE class on January 9; register at www.freedomfitness.info/events.

18 yrs + Roger Carter Comm Ctr Classes: 21

RP8435.201 Jan 11 10:30-11:20am M,W \$156

Power Yoga Intermediate with Kris Copeman

This class is an energizing, athletic way of practicing yoga postures that emphasize strength, flexibility and stamina while creating the calm awareness to the mind and body. If you want a fitness-based class designed to build upper-body and core strength while increasing flexibility and reducing stress, this Ashtanga-based yoga is for you! This is an intermediate class; prior yoga experience is required. Yoga mats/blocks provided.

18 yrs + Kinetics Dance Theatre Classes: 10

RP8241.201 Jan 19 11am-noon Th \$100

Qigong with Chris Judge

Qigong is a moving meditation practice that brings balance to the body and mind by connecting thoughtful movement with deep breathing. Learn a series of gently flowing movements that will strengthen muscles and tendons, stabilize joints and quiet the mind. All levels of practitioner are welcome. Please wear comfortable clothing, no mat required.

18 yrs + Misako Beats Classes: 8

RP8155.221 Jan 18 7-8pm W \$99



Flexibility and variety in your workouts helps ensure that you are working your entire body.

Revive, Relax & Renew with Yoga with Mary Garratt

Even if you can't twist into a pretzel, you can enjoy yoga. Classes are an active, physical workout and a relaxing, meditative work-in. This class is for beginners or those with some yoga experience. Explore and expand your own strength, flexibility, balance, and focus. You leave each class feeling better than when you walked in. Bring a mat/blanket. (No class 1/16.)

18 yrs + Gary J Arthur Comm Ctr Classes: 9

RP8252.201 Jan 9 7-8pm M \$86

18 yrs + Gary J Arthur Comm Ctr Classes: 10

RP8252.202 Jan 11 5:45-6:45pm W \$95

Scoop Pilates with Lori Nowicki, AAI, AFPA

Pilates is the ultimate mind-body exercise program. This class, designed for the experienced Pilates exerciser, can be modified for the beginner. Exercises incorporate multiple repetitions, mixed tempos, added equipment and reformer-like movements. Strengthen your legs, arms and core, increase your flexibility, and reduce stress! Focus is on core, balance, breathing, and alignment. Bring your own mat and ball.

18 yrs + Cedar Lane Pk-West Classes: 19

RP8154.201 Jan 10 9-10am Tu,Th \$133

Sunday Afternoon Yoga with Mary Garratt

Ease your way from the weekend to the work week with yoga. Come refresh your body and calm your mind. Whether you're new to yoga or have experience, enjoy the benefits of an energizing, physical workout and a soothing, meditative work-in. Explore and expand your strength, flexibility, balance and focus. Leave each class relaxed and ready to take on the week!

18 yrs + Gary J Arthur Comm Ctr Classes: 9

RP8252.212 Jan 15 2-3pm Su \$86

Tai Chi

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress. (No class 3/9.)

18 yrs + Murray Hill MS Classes: 11 Scott Vandame

RP8850.203 Beg Jan 12 7-8pm Th \$86

RP8850.204 Adv Jan 12 8:05-9:05pm Th \$86

18 yrs + Dunloggin MS Classes: 12 Tim Kwei

RP8850.201 Beg Jan 11 7-8pm W \$93

RP8850.202 Adv Jan 11 8:05-9:05pm W \$93



Practice breathing exercises and meditation at a yoga class.

Teen Yoga with Rachel Wolfe

This class follows Vinyasa yoga, a smoothly flowing style that synchronizes breath with each movement. This is an energizing class for the beginner or intermediate that strengthens and stretches muscles with sun salutations, standing poses, balancing poses, reclining and seated poses. The integration of breath relaxes the mind while providing maximum energy to the body. Yoga mats/blocks provided but please bring your own mat if you have one.

13-17 yrs Kinetics Dance Theatre Classes: 10

RP8245.201 Jan 20 4:30-5:30pm F \$100

Therapeutic Massage

Skilled, gentle, massage therapy can help you feel better physically, by easing pain and allowing the body to relax. Experience the benefits of Therapeutic Massage and Reflexology offered by Carol Lancaster, Licensed Massage Therapist. Info/schedule appointment: 410-313-4840.

18 yrs + Gary J. Arthur Comm Ctr

½ hr - \$35, 1 hr - \$60, 1 ½ hr - \$85, Reflexology - \$45

10am-9pm Tu

Yoga for a Stressful World with Liz Rolland

Step out of the busy chaos of life and learn to slow down and breathe. Practice tuning out the noise of the world while tuning in to peace and joy. Relieve stress and tension with simple, safe yoga postures and sequences, gentle stretches, deep breathing techniques, and guided relaxation, including yoga nidra. No prior yoga experience necessary. Please bring a yoga mat and a thick beach towel to each class.

18 yrs + Roger Carter Comm Ctr Classes: 10

RP8284.201 Jan 9 9:15-10:15am M \$120



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Yoga helps improve flexibility, breathing, and well-being.

Yoga Nidra: Deep Relaxation with Liz Rolland

Yoga Nidra is an ancient method of releasing tension from both the body and the mind. This gentle, easy practice has been proven to help relieve stress and insomnia, and has even been shown to help with Post Traumatic Stress Disorder. But you don't need to suffer from any of these to benefit from the thirty minutes of simple warm-up stretches and thirty minutes of complete relaxation this class provides. Have you been burning the candle at both ends? Join us to bring some peace and tranquility into your life. Bring a thick yoga mat, a large beach towel or blanket, and get ready to relax!

18 yrs + Gary J Arthur Comm Ctr Classes: 10
RP8284.202 Jan 13 11am-noon F \$120

Yogalates with EC Goode

This class merges two disciplines, yoga, and Pilates. A fusion of the ancient discipline of yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, tone muscles, increase flexibility and reduce stress. Beginning and ongoing students are welcome. Yoga mats/ blocks are provided, but please bring your own mat if you have one.

18 yrs + Kinetics Dance Theatre Classes: 10
RP8244.201 Jan 17 8:30-9:30pm Tu \$100

Adults (55 yrs +)

Exercise with Ease

This well-rounded hour of fitness for active seniors includes low-impact aerobics, stretching, muscle tone and strength activities aimed at improving endurance, body alignment, balance, and proper breathing. Listen to upbeat music while learning simple choreographed moves. Info/Fitness Waiver: Cathy Vigus, 410-313-7311 or cvigus@howardcountymd.gov.

55 yrs + E. Columbia 50+ Ctr Classes: 18
RP8060.201 Jan 10 8:50-9:50am Tu,Th \$54



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Want to ensure that you maintain muscle and flexibility in a non-competitive setting? Then come enjoy Exercise with Ease.

Fitness for Life 17 classes

This class, designed for active adults, combines easy-to-follow aerobics, weight and cardio training with Keiser and Precor equipment, free weights, bands, floor exercises, balance training and stretching.

A fitness waiver must be completed prior to exercising. (No class 1/16, 1/27, 2/20, 2/21.)

Info/Fitness Waiver: Cathy Vigus, 410-313-7311 or cvigus@howardcountymd.gov.

55 yrs + Roger Carter Comm Ctr Classes: 9

RP8666.201 Jan 13 10-11:15am F \$54

55 yrs + N Laurel Comm Ctr Classes: 17

RP8666.202 Jan 9 1-2:15pm M,W \$102

55 yrs + Roger Carter Comm Ctr Classes: 18

RP8666.203 Jan 10 12:15-1:30pm Tu,Th \$108

55 yrs + Gary J Arthur Comm Ctr Classes: 18

RP8666.204 Jan 10 10:30-11:45am Tu,Th \$108

Personal Training

Personal Training

Each session is customized to fit your individual needs and abilities. Private training sessions are one participant to one trainer; semi-private sessions are up to three participants to one trainer. Sessions are non-transferrable. Registration for sessions is first-come, first-served; walk-in and phone registrations only. All sessions must be scheduled at the time of registration. Info: 410-313-4840, or Sara Schwab, 410-313-4842 or sschwab@howardcountymd.gov.

13 yrs+ Gary J Arthur Comm Ctr Ongoing

1 session	(30 minutes, private)	\$45
1 session	(60 minutes, private)	\$75
4 sessions	(30 minutes, private)	\$160
8 sessions	(30 minutes, private)	\$299
4 sessions	(30 minutes, semi-private, group of 3)	\$240
8 sessions	(30 minutes, semi-private, group of 3)	\$459

Sports

• Information: Amanda Bartell, 410-313-1694.

Martial Arts

Shotokan Karate with Steve Morris

Learn a repertoire of techniques and the optimal safe positions for self-defense based upon the movement of your opponent(s), all in the context of traditional Shotokan karate. Learn and master blocks, punches, kicks, throws, submissions and take-downs. Special attention is given to low-impact physical conditioning and personal safety. Sensei Steve is a master in Shotokan karate and has taught karate and self-defense in Howard County for 30 years.

13 yrs + Roger Carter Comm Ctr Classes: 12

RP8791.201 Jan 12 7-8pm Th \$79

RP8791.202 Jan 12 8:05-9:05pm Th \$79

RP8791.203 Jan 14 10-11am Sa \$79

RP8791.204 Jan 14 11:05am-12:05pm Sa \$79

Aikido with Ki by Russ Dauber

Martial Art and Ki training, taught by Japan's Shin Shin Toitsu Aikikai, promotes dynamic movement with unified mind and body. The Ki part is low-impact. The Aikido part involves practice with partners and rolling on mats. Effective self-defense techniques flow with and lead attackers' movements. We develop the benefits of keeping one point and extending ki. We emphasize safety, knowledge and enjoyment. (No class 2/21, 3/9.)

18 yrs + Waverly ES Classes: 22

RP8880.201 Jan 10 7-9pm Tu,Th \$64



Aikido with Ki by Russ Dauber *unifies your body and mind.*

TKA Karate

Develop your physical condition as you learn karate and jujitsu in a relaxed environment. Black-belt instructors emphasize safety. One week is spent taking or viewing the test or participating in a refresher class. Wear comfortable clothing or gi. (No class 1/16, 2/20, 2/21, 3/9.)

Gary J Arthur Comm Ctr 13 yrs + Classes: 10 \$68

RP8731.201 Jan 9 7:30-9pm M

Oakland Mills MS 13 yrs + Classes: 10 \$68

RP8731.202 Jan 9 8-9:30pm M

Worthington ES 13 yrs + Classes: 11 \$75

RP8731.203 Jan 10 8-9:30pm Tu

Long Fellow ES 13 yrs + Classes: 11 \$75

RP8731.205 Jan 10 8-9:30pm Tu

Gorman Crossing ES 13 yrs + Classes: 11 \$68

RP8731.209 Jan 12 8-9:30pm Th

Manor Woods ES 13 yrs + Classes: 11 \$68

RP8731.210 Jan 12 8-9:30pm Th

Pointers Run ES 13 yrs + Classes: 11 \$68

RP8731.211 Jan 12 8-9:30pm Th

Fulton ES 13 yrs + Classes: 12 \$82

RP8731.206 Jan 11 8-9:30pm W

Northfield ES 13 yrs + Classes: 12 \$82

RP8731.207 Jan 11 8-9:30pm W

Rockburn ES 13 yrs + Classes: 12 \$82

RP8731.208 Jan 11 8-9:30pm W

Pickleball

Pickleball for All

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Learn to play this fun and exciting game for the first week and then put your skills to the test in games for the remaining classes. All necessary equipment is provided.

18 yrs + Meadowbrook Ath Comp Classes: 10

RP6835.205 Jan 13 1-3pm F \$50

18 yrs + Meadowbrook Ath Comp Classes: 11

RP6835.202 Jan 10 9-11am Tu \$55

18 yrs + Meadowbrook Ath Comp Classes: 12

RP6835.201 Jan 9 1-3pm M \$60

RP6835.203 Jan 11 1-3pm W \$60

RP6835.204 Jan 12 9-11am Th \$60

18 yrs + N Laurel Comm Ctr Classes: 12

RP6835.206 Jan 10 Noon-2pm Tu \$60

RP6835.207 Jan 12 Noon-2pm Th \$60



G050+

Our G050+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County.

Live longer, healthier lives... join today!

50+ CENTERS

Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.

- **Game Room Areas**
- **Gymnasiums**
- **Walking Tracks**
- **Wellness Programs**

FREE

G050+ FITNESS

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- **All 50+ Center Benefits**
- **Fitness Rooms**
- **Dance/Aerobics Studio***

Resident: \$75 per year
Nonresident: \$100 per year

G050+ POOL

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- **All 50+ Fitness Benefits**
- **Pool Access During Open Swim Hours**

Resident: \$175 per year
Nonresident: \$225 per year

** Dance/Aerobics Studio not available at Ellicott City 50+ Center.*



Howard County

RECREATION & PARKS

7120 Oakland Mills Road, Columbia, MD 21046



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HoCoParks
App



2017 Winter Adult Classes & Activities

410-313-7275

www.howardcountymd.gov/rap